

"THE BOOKS WITHOUT AN IF" SERIES.

CONCENTRATION

Its Mentology and Psychology

By F. W. SEARS, M. P.

(Master of Psychology)

AUTHOR OF

"How To Attract Success," "How We Create Ourselves,"
"The Law of Cause and Effect," "The Unpardonable Sin,"
"Reincarnation—Why When, Where?" "Death—Then
What?" "The Law of Abundance," "What Creates En-
vironment," "Our Judgment Days," etc., etc.

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PREFACE.

The Power of Concentration, when used **rightly**, is man's greatest asset; but when used wrongly, ignorantly and unconsciously, as is the case with the very large majority of persons, it becomes a destructive force in their life and brings misery, sorrow, sickness, disease, loss, failure and lack to both body and environment.

In giving to the world the lessons contained herein the author has no desire to **convert** anyone; his work being solely that of a teacher.

The author **KNOWS** that anyone who will study and **apply** the lessons taught herein will be benefitted more than money can ever repay. He **KNOWS** this both from his own experience as well as that of thousands of others to whom he has taught these truths either personally or through his books.

His work, however, is purely that of a teacher; you will have to do the

applying, and unless you do this then neither the lessons, his knowledge of their value, nor the beneficial results which thousands of others have obtained will be of any use to you.

Persistency in the application of these lessons is part of the price one has to pay in order to obtain their real value.

No one else can "prove" their value to **you** but yourself.

Thousands of persons all over the world have proved their value for themselves, and the author gives you the method herein by which you, too, can **prove** their value for yourself, but **you will have to do the work yourself**, and it is for all who **want** to learn how to do this work for themselves that these lessons have been written and given to the world.

In the study of these lessons the author requests that you relax and "let go," getting rid of all strain, tenseness, anxiety, effort, and **absorb** their teachings rather than learn them only mentally.

May the God-power which is the inherent possession of each soul give you the courage to persist in your application until you "prove" for yourself the great constructive power of using your concentration rightly, is the thought which goes to you from

THE AUTHOR.

CONCENTRATION.

Its Mentology and Psychology.

By F. W. SEARS, M. P.

For centuries the children of Israel concentrated for a Messiah and a Christ was born.

A people concentrated on art and literature and modern civilization owes a debt of gratitude to Ancient Greece.

Another people concentrated for the union of temporal and spiritual power and the Roman Empire grew and gave birth to its Catholic Church.

Later on other people concentrated for religious liberty and at Plymouth Rock three hundred years ago the foundation was laid for the greatest Nation the world has ever known and through which the right and privilege to worship God according to the dictates of one's

own consciousness has spread to nearly every Nation on the face of the earth.

From time immemorial men have concentrated for great military ability and power and as the result we have had Joshua, Alexander the Great, Hannibal, Napoleon, Frederick the Great, and many other celebrated warriors.

A Nation because of its being surrounded by water concentrated for maritime power and today England possesses a navy twice the size of that of any other country while her commercial shipping is many times larger than that of any other Nation.

The present great European war which is killing off hundreds of thousands of people and destroying the resources of the countries engaged in it is the result of the conscious and unconscious concentration upon hatred, revenge, envy, jealousy of the peoples participating therein.

In the garden of Gethsemene Jesus concentrated on sorrow; he said: "My soul is exceedingly sorrowful, even unto death," and the crucifixion followed.

A woman came to me once to obtain help for her husband who "was getting stupid." When they were first married she began to call him "stupid" whenever he did anything she did not like and had continued to do this ever since and now it seemed to her as though he really was "getting stupid."

She never realized that by unconsciously concentrating her thought on the word "stupid" and continually bringing before him an image of stupidity whenever she called him "stupid," she was holding up before him a pattern which, while he did not have to accept it, the mind or intelligence in his brain cells would copy and reproduce unless he was strong enough to and did refuse

to give such an image any power over him. Few persons are strong enough to do this and we all know that "the constant dripping of water will wear away the hardest stone."

The concentrative power of the human mind is so strong and tenacious in the holding to irritating, annoying, and destructive images and thoughts and its action in so doing is so subtle that the large majority of persons receive and accept such images and thoughts and allow them to become *fixed habits* in their lives before they realize it, and this is why the world needs to learn the power of concentration and how to use this power in a conscious, constructive, and harmonious manner instead of in the unconscious and destructive way it has used it in the past.

A man came to see me once who said he was a failure. Several years before

he had lost everything and since that time had not been able to succeed at anything he undertook. His trouble was that he was always thinking of himself as a failure. He unconsciously concentrated on that thought with the result that he continued to be a failure. He was taught to concentrate on the thought that he was a success, no matter what the objective world told him, and that every time the thought of failure came to him he should displace it at once with the thought and affirmation of "I am Success NOW." Every moment he had to spare he was to think of and concentrate upon this thought and make this affirmation and so build a success consciousness. The result was that he gradually created a success consciousness and atmosphere and lifted himself out of the failure currents.

An elderly man came to me once and wanted to know what he could do. He

was a fine accountant, he said, but everywhere he went they wanted young men and he could not obtain any work. He did not realize that this effect came to him as the result of his unconscious concentration in the past on negative destructive thoughts and by which he had created an energy that, when he tried to get work, directed his efforts and lead him to make application to only those who did not want "old men" and that by accepting this objective evidence of "old men not wanted" (which he found everywhere he went) he was concentrating on that image and *fixing* the habit more thoroughly in his consciousness and stamping it more deeply in his cell intelligence and so making it that much more difficult for him to obtain employment.

This man completely overlooked the fact that there were still positions which were filled by "old men" and the reason

he overlooked it was because his mind was so thoroughly concentrated upon the one truth with which he had related, viz.: that those to whom he had applied for work "did not want old men." He was a "mentologist" and only saw the mental or objective aspect of the matter. He did not know that this objective aspect with which he related was the materialized effects of his own thoughts. Had he been a true "psychologist" he would have known the real truth which is that there is a position for everyone in the world who *wants* to work and that whatever place we occupy at the present time is the effect of our own concentration done either consciously or unconsciously, and that when we do not like our present position we can consciously concentrate for and build one that suits us better, and that in accordance with our proficiency and persistency in building for

and concentrating upon this new position and the harmony in our thought world with which we do the work will we attract the position to us.

Because his unconscious and destructive creations of the past lead this elderly man only to such places as "did not want old men" he had been accepting that image as a fact and unconsciously concentrated upon it, and so he continued to have his application for work turned down where ever he went.

The world has yet to learn that what is called "facts" are only materialized thoughts, and that the wildest dreams of the imagination can become "facts" will we only concentrate upon and persistently hold to them in our thought world and imagination. The length of time it will take to materialize them depends wholly upon how well we do our work of concentration and imaging.

I gave this man a "new thought" and image upon which to concentrate by calling his attention to the "fact" that there were plenty of places in the world where the kind of services he had to give were wanted and where the question of age would either not be considered or else would be adjudged an asset; that he should allow his soul, his God-self, to inspire him with this belief and then use his human mind to hold this thought and image in his intellect, displacing all other thoughts which might come, and tend to impair this image, as fast as they came; that by concentrating on this thought and image persistently he would create a consciousness which would attract the kind of a place he wanted, and having *attracted* it he would be able to hold it just as long as he wanted to do so.

He applied this lesson and it was not long before he obtained a position. He

kept on working with himself and applying these teachings, also those taught in my book on "How to Attract Success," with the result that he gradually improved his condition until he was doing better as an "old man" than he had ever done before.

The world is full of people who are afraid, and who *know* they are failures. They unconsciously concentrate upon their weaknesses, frailties, and faults, instead of upon their good qualities, and so they never amount to anything. They are like a man who once came to me for treatment on account of insomnia. He complained one day that he "had only two hours sleep the night before when I ought to have had eight hours." I told him that when he learned to forget to concentrate on and complain about the six hours he did not sleep and did all of his concentrating on the two beautiful and blessed hours he did sleep that it

would not be long before he would cease to set the causes in motion which produced his insomnia.

It is hard for the world to see and concentrate upon the "good" in anything; it seems to be so much easier to pick out the "bad," the destructive side, and concentrate upon it.

Parents tell their children they have the "big-head," the "swell-head;" that they are "egotistical," and for fear others will think the same thing these children grow up under a concentration of fearing to express, and because they fear such self-expression they condemn others who do express themselves. They never dream that under such a concentration of fear, condemnation, and repression they are creating an energy which will register as sickness and disease in the physical body, or as lack and poverty in the environment, or both.

What is CONCENTRATION? Simply the fixing of one's thoughts either consciously or unconsciously upon some idea, image or thought and living in it, thus making it a part of us.

Where can we CONCENTRATE? Anywhere we want to. It is not necessary to have any special time or place. We can learn to concentrate and do our work of concentrating while walking along Broadway, riding in the subway, eating dinner at a restaurant, just as well as in the seclusion of our own room.

Many persons mistake the "going into the silence" as being the only true method of concentration. It is true that this is one form of concentration, and it is also true that it is a most destructive form when persisted in for any length of time, and especially so should the room be darkened. The reason it is destructive is because one makes himself receptive

to the abstract or unseen side of life and unless he is thoroughly poised in the harmonious and constructive thought currents *all of the time he is "in the silence"* it is only a question of time before he becomes either astralized or obsessed, or both. Many persons have become astralized through "going into the silence" and do not know what is the matter with them.

The people who have gone insane over "religion" have always been those who dealt with and lived largely in the abstract side because they thought it was so "spiritual."

Many sincere and earnest students desire "spirituality" and have the idea that it is to be obtained by "going into the silence." Others who, when they "go into the silence," are able to see faces, landscapes, flowers, etc., and sometimes commune with disembodied entities on

the "other side" have the idea that they have developed great "spirituality" or they could not do this. In neither case is this true; they have only developed clairvoyance and clairsaudience to some extent, and these faculties may be developed by anyone and are NOT an indication of soul unfoldment. True "spirituality" comes as the result of the development of *all* of one's faculties evenly and harmoniously and so produces wholeness or Holiness. To deal only with the abstract side of life (which so many mistake for "spirituality") is to become abnormally developed, and the same is true when one deals only with the concrete or material side. Wholeness or Holiness is only obtained through the harmonious union of both the abstract and the concrete; this is true Spirituality.

How to CONCENTRATE. Take any subject, thought, or vision upon which

one may wish to concentrate and FILL the thought world ENTIRELY with it, and keep it FILLED with this thought. The moment any other thought tries to enter the mind displace it at once with the thought upon which we wish to concentrate. Continue to do this until the habit is formed of being able to concentrate on anything for as long a time as we may wish. We must not be discouraged because we may not be able to hold our mind on the thought very long when we first begin. Remember that habits are only formed by doing the same thing over a countless number of times, and that persistency and continuity on our part will finally result in forming the habit of concentrating on anything we may want and for as long a time as we may want, and that when we have formed this habit we have a power at our command which will enable us to accomplish anything we may desire.

Few persons lack the ability to concentrate. Nearly every one can concentrate his mind on anything which interests, irritates, or annoys him. The trouble with most persons is not because of their inability to concentrate but rather that most of the time they concentrate on what they do not want, and that their concentration is usually done unconsciously and ignorantly. By following the instructions in the above paragraph one can learn to correct this trouble. The student will have to apply himself and practice not only daily but as many times each day as he thinks of it; the more often the better will be the results.

Many times when people do concentrate on what they want they do so in such a careless, indifferent, and irregular manner the brain goes to sleep as did that of the disciples of Jesus in the garden of Gethsemene.

The ability to concentrate on any one subject and hold the mind there as long as we may wish gives us the greatest power. Nothing is impossible when we are able to do this. One must have a strong and well developed will power and be able to use it constructively and regularly before he can concentrate on anything for very long. The lack of regularity in the use of the will power is where most persons greatest weakness lies.

The ability to consciously concentrate upon anything we may want, and regularity in the use of the will power comes to one only as the result of intelligent and persistent training in the control of one's thought world. In gaining this control we analyze every thought which comes to us and any that are less than constructive and harmonious we at once displace with one which is. We do this as often as is necessary, and refuse to

become irritated or impatient no matter how often the inharmonious thoughts return nor how persistent they are in their refusal to be displaced. We KNOW that "eternal vigilance is the price of liberty" and control of our thought world, and that by being just as persistent in concentrating upon our harmonious thought that we can in time form the habit so strong that it will not only displace all the inharmonious ones but will become just as persistent in staying with us as have these old inharmonious and destructive thoughts.

When man uses his will power to concentrate upon what he wants he always materializes it. That gives him courage to express his Power.

This is the same Power that God manifests and by which He rules the Universe.

Man, created in the image and likeness of God, "possesses this great wonderful

creative Power to the utmost degree and *can* manifest it here in the material world through the proper use of his will power.

The Intellect is the human faculty through which both the human and Divine mind manifest and through which man materializes his thought creations. The will is the power which determines whether the human or Divine mind shall manifest through the Intellect at any particular moment.

We have a "mind body" which is made out of "mind matter," just the same as our physical body is made out of physical matter. "Mind matter" is the same as physical matter but its atoms are vibrating at a much more rapid rate, just as the atoms of steam are vibrating at a much more rapid rate than are those of water or ice, although composed of the same material.

Thoughts cut furrows or channels in the "mind matter" of the brain of the "mind body," and these have their corresponding furrows in the physical brain. This is why it is so easy for us to think the old thoughts we have been in the habit of thinking and so hard to train our minds to think of or hold fast to the new ones.

These thought channels or furrows are like the grooves in phonograph records, and when we get to thinking of some old worry, anxiety, irritation, hatred, our concentration on it holds our thought in the furrow just as the phonograph needle is held in the groove and we keep thinking the same thought or "playing the same record."

When our concentrated thought is along the line of doubt, fear, failure, or anything else we do not want, we are sure to materialize it and that is why we

continue to be failures; but when it is along the line of success or something else which we do want we are also *sure* to materialize it, and the world looks on and calls us "lucky."

All life and all character is the result of habit, and habits are formed only by doing the same thing over thousands of times. When we want to change any habit or accomplish something different from what we have been doing it is necessary to continuously and persistently concentrate and affirm our *oneness* with this new idea or thing in order that we may first FILL in the old furrows or grooves in our "mind matter" and then plow new ones with our new and more constructive thought.

Every time we think of and live in the consciousness of any weakness which we may have, that very thought causes us to pour the thought power into that

brain furrow and make it deeper, more fixed, more permanent and that much harder to change.

A woman once said: "I just love to hate people." She never realized that every time she said or thought this she was making the hate furrow in her brain that much deeper and so was increasing her ability and power to hate, and at the same time increasing her power to attract hate to herself.

We have been told that "No sound comes back to us but the one we send out" and this is true. All the hate thoughts that woman was creating would find an open doorway and an easy entrance into her mind, through the hate furrows she had plowed there in her ignorance, when these hate thoughts come back to her later on as they are sure to do.

Whenever a thought of anger, hatred, fear, worry, anxiety, envy, jealousy,

condemnation, criticism, impatience, intolerance, resentment, resistance, or others of a like nature come to us we should at once think of their opposite and concentrate upon it.

We should form the habit of saying each night and morning: "I am more harmonious and constructive in my thought world NOW than ever before." Concentrate on this thought and *live it* each day the best we can. This will make the furrows in the "mind matter" such as will connect us with the unseen thought currents in which we will find the peace and harmony we so much desire. By building this into our thought body day by day and year after year we make it more and more possible for the God-self or "good-self" to manifest in and through us.

We should daily concentrate upon and affirm that the "Peace and Harmony

of God's Universe is manifesting in me Now." In this way will we begin to form the thought habit of relating with the harmonious and constructive vibrations of the Universe.

We should learn to control our mind, and in that way control our power of concentration, by putting into it consciously and "on purpose" only such thoughts as we want, instead of allowing the thoughts we do not want to control it. This can be accomplished in time by persistent and continual practice.

When a worry keeps us awake at night the mind controls us instead of our controlling it.

The mind world is a real one. Thoughts take shape and form according to the kind of energy which created them. Angry thoughts give out a vibration which takes the form of snakes, reptiles of different kinds, little red devils, etc.;

while happy thoughts take the form of beautiful flowers, landscapes, etc.

Concentrated thought, whether consciously or unconsciously generated, produces the "atmosphere" of people, cities, States, Nations, and Races. This is what makes their difference and is why it is so difficult for us to see things from the "other fellows" viewpoint. It is this "atmosphere" (which is composed of concentrated thought vibrations) which causes us to like some persons, races, places, cities, houses, rooms, clothing, etc., and dislike others, while towards still others we are simply neutral. Being "neutral" means that we are not sensitive to and do not feel their vibrations.

People; places, things, are only instruments in the hands of the Universal Law to materialize in our body and environment the effects of our concentration. When we have concentrated on

the thought of failure we are lead to such places and people only as will bring failure to us; and when we have concentrated on our *oneness* with success the same Universal Law leads us to places and people who aid in making for our success.

The man who thinks of himself as a physical body, either with or without a soul, is a Mentologist and unconsciously concentrates on his Personality and the things of the objective world and its laws. One of these laws is that of the Law of Force, and everything the Mentologist does embodies the use of force in some way. He is always and forever laying his hand on some other life and trying to *make* it do something his way. Through the unconscious use of this Law of Force in his life he separates himself in consciousness from his God-self.

The Mentologist studies everything in life *by the mind* through the Intellect, and his concentration is that of the human mind only.

The man who thinks of himself as a SOUL manifesting in and through a physical body, the latter being only the vehicle through which the Soul is working, does by such thought concentrate on his union with his God-self and his *oneness* with all life and nothing becomes impossible to him. He comes into an understanding of what Jesus meant when he said "I and my Father are one." Such a person is the true Psychologist for he studies everything in life *by the Soul* through the Intellect.

Such a person KNOWS that every vibration he sends out will return to him in the fullness of time, for there is no separation of life in his consciousness, and he intentionally chooses to

concentrate upon and send out only such thoughts as will bring to him that which he desires.

The true Psychologist who realizes and KNOWS that he is a SOUL in a physical body is like the great sculptor who looking at a rough and jagged piece of stone concentrates his mind on the beautiful statue his vision sees within it. He never attempts to carve the statue out of the stone but with his soul concentrated on the glorious image it sees, his inspiration is imparted to the intelligence in every cell of his physical body and every atom of chisel, mallet, and stone, and as hand and chisel move slowly along over the rough surface of the stone the mallet strikes and a chip falls here and another there until the outer shell is removed and the glorious form within is set free. Only the sculptor who is a true Psychologist, who studies

his art *by his Soul* through his Intellect, can do this.

And so the Soul of man with his thought tools of exceeding fineness and exquisite workmanship refines and rebuilds his outer covering of physical matter with his concentrated thoughts of love and harmony and sets free the beautiful God-image within.

Nothing then becomes impossible for such a one and we realize how each life through its soul ignorance is like Esau of old and sells its glorious birthright of constructive concentration for "a mess of pottage," and like the prodigal son spends its God-given inheritance of creative power by "riotous living" in its ignorant and destructive thoughts, but that somewhere down the line of its cosmic journey it again learns the power of harmonious and constructive concentration and *applies its knowledge*, thus "returning to its

Father's house," as did the prodigal son of old, and is restored to its full share in the Father's kingdom.

Will you return to your "Father's house" and regain the mastery of your own thought world and use the power of concentration harmoniously and constructively NOW? No one can decide this question for you but yourself, and no one can do the work which is necessary to be done in your life but yourself. No matter how hard this work may seem to be there will never be a time when you can do it easier than to begin right NOW, and *you* have the power, the strength, the courage, and the ability within you to succeed. EXPRESS IT NOW.

Concentration Exercises.

The following affirmations are given for the student to concentrate upon and affirm his *oneness* with. Each student should formulate a series of affirmations for himself, in connection with the ones here given, and concentrate upon them.

Every affirmation has a vibration peculiar to itself and the student should notice what effect each one has upon him at different times and use those which give him the greatest inspiration and the feeling of the strongest power. Sometimes an affirmation which has inspired us greatly seems to lose its power temporarily; in such cases we should use some other one.

All is good.

I am Peace NOW.

I am Power NOW.

I am Health NOW.

I am Wealth NOW.

I am Success NOW.

I am Courage NOW.

I am Harmony NOW.

I am Strength NOW.

I and my Father are *one* NOW.

I have an abundance of money NOW.

Wealth is manifesting for me NOW.

All that my Father hath is mine NOW.

I am *one* with everything I desire
NOW.

The things I want are coming to me
NOW because *they want me*.

I am whole, strong, well, young, rich,
happy and harmonious NOW.

With every breath I inhale I am at-
tracting to me NOW that which I desire.

I am more harmonious and con-
structive in my thought world NOW
than ever before.

The Peace and Harmony of God's Universe is manifesting in me and I have an abundance NOW of everything I desire.

I hereby consecrate my life to the perfect Law of Harmony. No matter how often I may become inharmonious in the future as the result of my old habits of destructive thinking, I will renew this vow each time I break it.

I have a good position NOW where everything is constructive and harmonious; where I am receiving a good compensation commensurate with the services I give, and where nothing but the highest, greatest, and best good can come to me.

The Universal God-energy is manifesting perfect health in me NOW; it is causing each organ to perform its functions in a perfectly natural and

harmonious manner NOW; it is disintegrating and dissolving all abnormal and inharmonious cell tissue NOW, and is NOW making my body over in perfect health and harmony.

I will banish from my thought world NOW all anger, hate, worry, fear, anxiety, impatience, intolerance, condemnation, criticism, resentment, resistance, envy, jealousy, strife, strain, effort and all similar negative, destructive thought emotions. I will renew this vow every time I break it until this new habit of constructive thinking is so firmly *fixed* in my life that it is *natural* to and a part of me.

* * * * *

The student should always remember that the consciousness, the thought, the *feeling* with which we do a thing is the great determining factor as to its value. The more one is able to *feel* that he

really is that which he is affirming the better concentration will he have and the more deeply will he get into the currents and materialize his desire.

The reason for the student affirming that he has what he wants NOW is that there is no time but the Eternal NOW; that when what we call "tomorrow" comes it has ceased to be "tomorrow" and is "NOW." When one builds for the future he never catches up with it but when he builds in the NOW he will materialize in the NOW even though that "NOW" may be what he calls days, months, or years hence.

A little cork fell in the path
of a whale,
Who lashed it down with his
angry tail,
But in spite of his blows
It quickly arose
And floated serenely before
his nose.

Said the cork, "You may flap
and splutter and frown
But you never, never can
keep me down;
For I am made of the stuff
That is buoyant enough
To float, instead of to drown."

NOTE:—Concentrate on the thought that
"I am made of the stuff that is buoyant
enough to float instead of to drown."

The Croaker.

Once, on the edge of a pleasant pool,
Under the bank where 'twas dark and
cool;

Where bushes over the water hung
And rushes nodded and grasses swung,
Just where the crick flowed out the bog,
There lived a grumpy and mean old frog
Who'd set all day in the mud and soak
And jest do nothin' but croak and croak!
Then a blackbird hollered, "I say, yer
know

What's the matter down there below?
Are you in trouble? or pain? or what?"
The frog sez, "Mine is an orful lot!—
Nuthin' but mud, and dirt, and slime
For me to look at jest all ther time!—
It's a dirty world!" so the ole fool spoke,
"Croakity—croakity—croakity—croak!"

"But yer lookin' down!" the blackbird said;
"Look at the blossoms overhead;
Look at the lovely summer skies;

Look at the bees and the butterflies,—
Look up, young feller; why, bless my
soul,

Yer lookin' down in a mus'rat hole!"
But still, with a gurglin' sob and choke,
The blamed ole critter would only croak.

And a wise ole turtle who boarded near
Sez to the blackbird, "Friend, see here,
Don't shed no tears over him, for he
Is low-down jest 'cause he likes ter be!
He's one of them kind er chumps that's
glad

Ter be so miserable-like and sad!
I'll tell yer somethin' that ain't no joke;
Don't waste no sorrow on folks that
croak!"

(Author Unknown.)

NOTE:—Concentrate on the thought that
when we "look up" we lose all sense of
fear and see the "good" side or God-side
of life.

"THE BOOKS WITHOUT AN IF" SERIES.

"THE BOOKS WITHOUT AN IF" are a series of books by F. W. Sears, M. P., (Master of Psychology) and are so-called because that little negative word "if" is not used anywhere in their context. This psychological fact makes Dr. Sears' writings of peculiar interest in addition to the wonderful philosophy he teaches.

Dr. Sears is one of the world's greatest students of psychology. His wonderful perception and understanding of the subtle laws of THOUGHT POWER makes him without comparison as a Lecturer, Teacher, and Writer in the world of metaphysics. He has the happy faculty of making the most abstract Truths so interesting and easy to understand that they **seem** simple. His books are so vital that one **feels** the new life impulse which they bring, and his new application of these old truths is so interesting, logical and so full of inspiration that they appeal to all classes.

"The Books Without an If" are used as Text Books by many teachers and are invaluable to the earnest seeker after Truth who **wants** UNDERSTANDING. They constitute a course of study in which is taught the practical application to the affairs of every day life of old and tried fundamental laws and principles. These laws and principles are as old as man but in their larger application, as taught by Dr. Sears, they are a "new thought" and a knowledge of them is invaluable to the student of constructive living. Four books have so far been published in this series and bear the following titles:

New Thought Lectures, Vol. I.	\$1.25
New Thought Lectures, Vol. II.	1.25
How To Give Treatments,	1.25
How To Attract Success,	1.80

Manuscript is now in course of preparation for additional volumes to the "New Thought Lectures" which will be added to the series later on.

A. H. A., Camden, N. J. writes: "They are certainly the most wonderful books I ever read. I have New Thought books of all kinds but not one holds the message for me that these books have."

"New Thought Lectures"

Price \$1.25 postpaid

CONTENTS: Vol. I.

"How We Create Ourselves," teaches in a plain, scientific way how each life is constantly creating, destroying, re-creating and re-destroying its body and environment with every breath it breathes; and shows how one may learn to do this consciously and intelligently and so make both body and environment to accord with his desires.

"The Law of Cause and Effect," teaches how each life sets the causes in motion which produces every effect it receives. That people and things are instruments in the hands of God—the great Universal Law—to work out in our lives the effects of causes we have set in motion. That each life can determine whether it will be a constructive or destructive instrument in the lives of others with which it contacts. Which do you want to be?

"The Resurrection of the Body," teaches how this may be brought about while we are still living, and in a sane, natural manner, as the result of **natural laws** which **seem** miraculous because the world has not understood them. The bodies of many persons are so decayed and dead that they need to be transmuted into a "temple fit for the living God within them."

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